

HEALTH DEPARTMENT

COVID-19 GUIDANCE FOR FOOD ESTABLISHMENTS

Overview

The novel coronavirus has been declared a worldwide pandemic by the World Health Organization (WHO). The disease (COVID-19) is caused by the SARS-CoV-2 virus. List of symptoms which may appear 2 to 14 days after exposure:

- *Feeling Feverish or Temperature > 100°F*
- *Cough*
- *Shortness of Breath*
- *Loss of Taste/Smell*

Food establishment owners and managers must ensure the safety of food service workers from contracting COVID-19 and prevent community viral transmission. Safe food handling practices and proper sanitation procedures, including frequent cleaning and disinfection, must be followed. Hazard Analysis and Critical Control Point (HACCP) principles should be in place to manage food safety risks and prevent food contamination.

All food service workers must comply with the following:

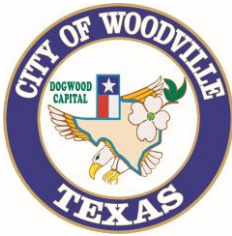
- ✓ If you have symptoms → STAY HOME! Seek medical attention if condition worsens
- ✓ 6-foot person to person distancing
- ✓ Wear face covering and do not touch your face or head
- ✓ Wash hands with soap and water for 20 seconds upon arriving at work
- ✓ Wash hands and utilize hand sanitizer (minimum 60% alcohol) often
- ✓ Always use hair restraint and keep facial hair trimmed short
- ✓ Keep fingernails trimmed short

Information and Resources (also see info graphics on next pages)

- ✓ <https://www.dshs.texas.gov/coronavirus/>
- ✓ <https://www.neha.org/covid-19>
- ✓ <https://foodsafety.ces.ncsu.edu/covid-19-resources/>
- ✓ <https://www.who.int/publications-detail/covid-19-and-food-safety-guidance-for-food-businesses>
- ✓ <https://www.fda.gov/food/food-safety-during-emergencies/best-practices-retail-food-stores-restaurants-and-food-pick-up-delivery-services-during-covid-19>
- ✓ <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

City of Woodville Health Department Contact

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HEALTH DEPARTMENT



COVID-19 PREVENTATIVE MEASURES

CLOTH FACE COVERINGS FOR FOOD EMPLOYEES

According to the CDC, cloth face coverings can be an effective way of preventing spread of infectious diseases. Cloth face coverings are used over the mouth and nose of a person who is or might be infected to catch virus particles from a cough, sneeze or normal talking. Face coverings provide the best protection to the wearer if they are 1) the right type for the situation, 2) worn properly and 3) handled properly. Wearing a cloth face covering can decrease risk but does not provide complete protection. Other risk reduction measures should also be followed, like physical distancing, handwashing and hand sanitizer usage, and avoiding touching eyes, mouth and nose.

WEARING CLOTH FACE COVERINGS IN FOOD SETTINGS

- Many essential workers at grocery stores, restaurants, farms and food manufacturing are now being asked to wear a cloth face covering during work hours.
- Cloth face coverings and gloves are intended to decrease the risk of transferring the virus particles from hands or through respiratory droplets from the mouth or nose. Face covers can also reduce transfer from inadvertently touching the nose or mouth.
- Gloves and cloth face coverings do not eliminate risk, they only reduce it; they should be used in conjunction with handwashing and hand sanitizer use and physical distancing whenever possible.
- Since cloth face coverings may become contaminated they should be changed as needed and laundered between uses.

CARING FOR A CLOTH FACE COVERING

- Cloth face coverings can trap moisture with use, so it is best to have several on hand to use throughout the day.
- **Masks and cloth face coverings should be handled assuming they are contaminated with the virus causing COVID-19.**
 - Face coverings should be removed without touching the inside. They should be immediately placed with dirty laundry, or stored in a plastic bag until they can be properly cleaned.
- Wash your hands after handling a used face covering or use hand sanitizer if hand washing is not an option. If possible, wash your face after removing a face covering.
- Cloth face coverings should be washed at the hottest setting for the fabric, and dried thoroughly before next use.
 - Follow CDC guidance at [go.ncsu.edu/cdclaundry](https://www.cdc.gov/cdclaundry).
- Washing is more effective than heat alone, so face coverings should not be heated in microwave or conventional ovens.

ESSENTIAL COMPONENTS



HOW SHOULD CLOTH FACE COVERINGS BE WORN?

- Cloth face coverings can be uncomfortable to wear. A proper fit is tight over the nose, mouth and chin.
 - Shaving is not necessary for cloth face coverings or surgical masks.
- Cloth face coverings can help reduce disease transmission but wearing one does not provide absolute protection.
- According to CDC, wear cloth face coverings whenever interacting with the public or when caring for someone who is sick or may be infected.
- It is not necessary to wear a face covering while at home or outside for exercise.

No-sew cloth face coverings can be made from cut up t-shirts or folded bandanas. For step by step instructions on no-sew and sewn versions, visit go.ncsu.edu/cdcfacecoverings or scan here.

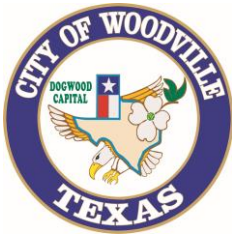


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Stay informed: go.ncsu.edu/covid-19
Updated April 9, 2020

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COVID-19 PREVENTATIVE MEASURES

CLEAN YOUR HANDS OFTEN

The best way to prevent illness is to avoid being exposed to this virus. Washing your hands is easy, and it's one of the most effective ways to prevent the spread of COVID-19.

HANDWASHING STEPS

- 1** Wet your hands with clean, running water 
- 2** Apply soap 
- 3** Lather and scrub your hands for at least 20 seconds 
- 4** Rinse your hands well under clean, running water 
- 5** Dry your hands using a clean towel or air dry them 

WHEN TO WASH HANDS

- After blowing your nose, coughing, or sneezing
- Before and after caring for someone that is sick
- After going to the bathroom
- Before and after preparing food
- During food preparation as needed
- Before eating food

HAND SANITIZER

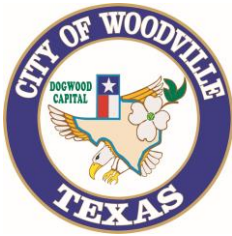
If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

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www.cdc.gov/coronavirus/2019-ncov
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COVID-19 FAQ FOR FOODSERVICE CLEANING AND DISINFECTION

There is no CDC report that COVID-19 is transmitted through food, but evidence suggests it may remain viable for hours to days on surfaces. CDC recommends cleaning followed by disinfection as a best practice for prevention of COVID-19.

WHAT DISINFECTANTS SHOULD BE USED?

- CDC advises using compounds on the list of EPA recommended disinfectants, found at: go.ncsu.edu/epacovid-19.
 - Note: this list is based on current data, but compounds have not been validated for inactivation of the virus causing COVID-19
- Check with chemical suppliers to see if currently used compounds are on the list and if changes need to be made for them to be used effectively
- To use heat, run utensils or equipment through a commercial dishwasher that will heat to 145°F (65°C) or higher for five minutes or longer. Alternatively, hot water maintained at or above 145°F (65°C) can be used.

HOW SHOULD SURFACES BE HANDLED?

- EPA recommended commercial disinfectants should be used on the following as often as is practical:
 - Tables, chairs, counter, handrails, etc
 - All self-service surfaces, including: buffet/salad bar lines, shakers, bottles, condiments, etc.
 - Restroom surfaces, including: doorknobs, faucets, handles, etc.
- Avoid wiping surfaces with water only; use a disinfectant.

HOW SHOULD SELF-SERVICE AREAS BE HANDLED?

- Utensils in self-service areas should be changed as often as possible. Management should assess how frequently they are used and make decisions.
- Consider moving self-serve items like condiments and utensils to behind the employee counter to minimize contact, if possible.

WHAT SHOULD BE DONE IF A GUEST IS DIAGNOSED WITH COVID-19?

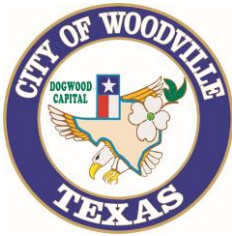
- Contact and coordinate with the health department, as they will want to trace both employee and guest contacts and can advise on guest messaging.
- CDC recommends if a facility has a known case of COVID-19 in their restaurant they should close that area off and wait as long as practical to begin cleaning and disinfecting.

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www.cdc.gov/coronavirus/2019-ncov
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COVID-19 AND FOOD SAFETY FAQ

IS CORONAVIRUS A CONCERN WITH TAKEOUT?

CDC, FDA and USDA are not aware of any reports at this time that suggest COVID-19 can be transmitted by food or food packaging. Current evidence shows the biggest risk of transmission of COVID-19 is being around individuals who are symptomatic (and to a lesser extent, infected but not showing symptoms.) Food businesses should be following employee health policies and health department recommendations to keep these individuals home.

WHAT ARE THE RISKS OF TAKEOUT OR DRIVE-THRU FOOD?

- There is no current indication that takeout or drive-thru meals will increase illness.
- This option is a good risk management choice, especially for high risk and elderly groups because it helps maintain social distancing and reduces the number of touch points.

WHAT ARE THE RISKS OF FOOD DELIVERED TO HOME?

- Similar to takeout, food delivery helps maintain social distancing and reduces the number of touch points between preparation and serving of food.
- Many delivery programs have also instituted no touch/no interaction options, which further reduces risk.

CAN I GET COVID-19 FROM TOUCHING FOOD OR PACKAGING EXPOSED TO CORONAVIRUS?

- The risk of transfer of viruses is very low, based on current research.
- To further minimize risk, handling food packaging should be followed by handwashing and/or using hand sanitizer.

WHAT HAPPENS IN YOUR BODY IF YOU DO INGEST CORONAVIRUS THROUGH FOOD?

- Coronaviruses are generally thought to be spread from person-to-person through respiratory droplets. It may be possible for a person to get COVID-19 by touching a contaminated surface or object and then touching their mouth, eyes, or nose, but this is not thought to be the major way the virus is transmitted.
- Currently, there is no evidence to support transmission of the virus directly by eating food that might inadvertently contain virus.
- In commercial food production, processing, and preparation, there are many best practices that are routinely followed as per federal, state, and local regulations. These are all designed to prevent foods from becoming contaminated with microbes from the environment, including viruses.
- The best thing a consumer can do is to continue using good food safety practices before preparing or eating food, like always washing your hands with soap and water for 20 seconds after using the restroom, and after blowing your nose, coughing, or sneezing.

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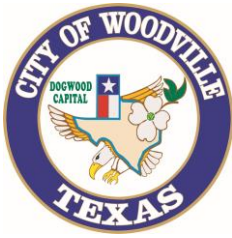
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COVID-19 AND FOOD SAFETY TOP TIPS FOR GROCERY SHOPPING



Use hand sanitizer and cart wipes.

Shop alone and go with a plan.



Maintain social distance of 6ft.

Only touch what you will buy.



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